CANCER'S BEST MEDICINE

A Self-Help and Wellness Guide

By

Mauris L. Emeka

Cancer is a metabolic illness that's closely linked to diet and lifestyle.

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Are you looking for information about cancer treatment? If so, do not waste time reading this booklet. This booklet is about neither conventional nor alternative cancer *treatment*. It is, however, a discussion about how diet and lifestyle can unleash your body's incredible healing power.

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PREFACE

In early July of 2001 my beloved wife of 36 years returned from the doctor's office and announced that tests indicated that she had cancer of the pancreas. It was a day that changed my life profoundly and permanently.

Not long after learning of Sunday's diagnosis, I became obsessed with the notion that there must be something a person can do on their own to overcome cancer. And the more I researched, I came to the understanding that cancer needs to be seen as a general systemic disease which cannot be cured as a localized disease. A tumor is not itself cancer, so attempting to eradicate cancer using surgery or drugs to remove tumors is at best a short term solution and at worst a deadly exercise.

Sunday made her transition from this life on October 22, 2001. But my obsession for understanding the nature of cancer and what each of us can do about it has continued to demand my attention. As a result, I authored and published the book *Fear Cancer No More* in 2002, followed by a second book in 2004 entitled *Cancer's Best Medicine*. The book you are now reading is a 2008 updated second edition of the latter.

Some of the information presented here may pose a challenge to conventional thinking. It is my sincere desire to reveal the truth about cancer, and to share information that is especially helpful for readers who want to take greater responsibility for their health and wellness. If you want not just to manage cancer but to overcome it by making your body a place where cancer cannot survive then this book could prove very helpful. Unfortunately, and all too often, people make profound changes only when they are at the end of their rope when drug treatments for cancer have failed.

It is my sincere hope that the words written here will encourage you to take determined and confident steps on your healing journey. If this information reinforces your sense of self-awareness and belief in your body's ever present healing power, you are blessed.

Mauris L. Emeka
November, 2008

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Introduction

"My people are destroyed for lack of knowledge."
– Hosea 4:6

One hundred years ago, one out of 33 people were diagnosed with cancer in their lifetime. Today one person out of three will be diagnosed with cancer in their lifetime. President Nixon declared war on cancer over 35 years ago. More than a billion dollars has been raised over the last 55 years on behalf of cancer research. The research continues, as it has for many years, and new drugs are continually being introduced. And notwithstanding the fact that there is occasional progress in the treatment of certain cancer symptoms, yet the fact remains that overall we are losing the war on cancer.

We are seeing this disease affecting more and more people and at ever younger ages. We hear a lot about diagnoses and treatment of cancer. In large part, what we have in America is a multi-billion dollar cancer control industry – an industry that mainly conducts damage control by treating tumor symptoms. Numerous tests are conducted to discover the presence of malignant tumor symptoms, and various treatments are prescribed. But, unfortunately, very little attention is given to the underlying chemistry in the body that causes the tumor

symptoms to appear. Meanwhile, the overall incidence of cancer keeps on growing and so does the multi-billion dollar cancer treatment industry.

Who is in the best position to do something about the deep causes of cancer at the cellular level? Who is in position to go beyond treating the symptoms of this disease and deal with its underlying cause? It is YOU! Yes, you are the answer to cancer, not a drug. Drugs can only make the symptom go away...maybe, and they also produce unwanted 'side effects'.

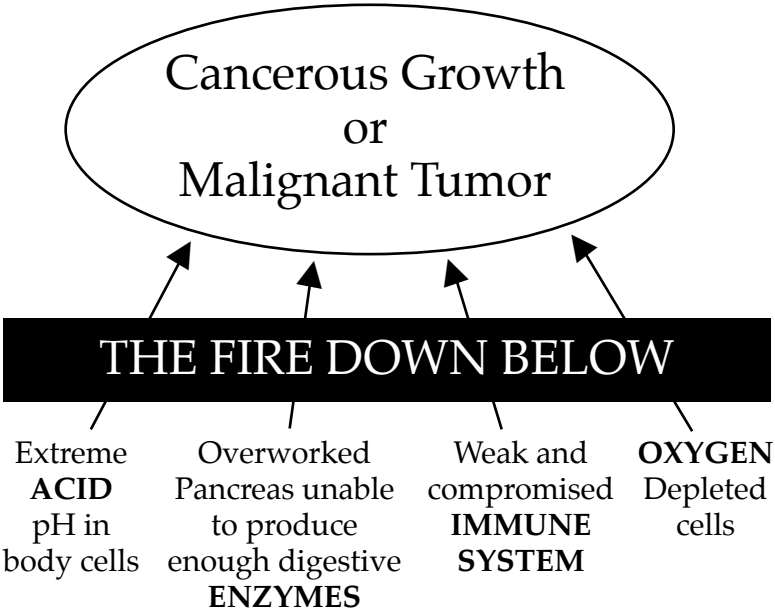
We typically respond to cancer as if it was a localized disease, like a skinned knee that's independent of the rest of the body. There is a serious problem when we respond in this way because the malignant tumor symptom is NOT the cancer – just like the smoke rising from a fire is not the fire. When responding to cancer it is very important to focus less on the "smoke" and more on the "fire" down below that causes the "smoke" (or tumor symptom). In short, it is vital that we nourish our body in ways that strengthens its healing power. It is within the individual's power to disable the underlying cancerous process that gives rise to malignant tumors.

This publication is a result of careful research into diet and lifestyle changes that can help to address the causes of cancer at the cellular level. It also includes important information about foods that help destroy cancer cells without destroying healthy cells.

The Cause and Effect of Cancer

Think of the cancerous process as the **"Fire Down Below"**, and it's fueled by four things:

1) **excessive acid body chemistry**
2) **lack of digestive enzymes**
3) **a weak immune system**
4) **lack of oxygen** at the cellular level.



If You Have Cancer, Remember These Vowels – A, E, I, O, U.

A – ALKALINE: Create more ALKALINE and less acidic body chemistry.

E – ENZYMES: Introduce more digestive ENZYMES, especially protein digesting enzymes, into your body.

I – IMMUNE SYSTEM: Make your IMMUNE SYSTEM strong, it's crucial!

O – OXYGEN: Make more OXYGEN available to your cells.

U – YOU: It's up to YOU, your diet and lifestyle.

CHAPTER ONE

The Nature of Cancer, Seen From the Cellular Level

As was just mentioned, cancer is that process that causes a malignant tumor to appear. The tumor is similar to the smoke from a fire. And to get rid of the smoke, we pour water on the fire to put it out. Likewise, to get rid of a tumor, we must rid ourselves of what caused it. The usual response is to treat the tumor and try to make it go away by applying chemotherapy, radiation, or surgery. If none of those three protocols work then we are commonly told, "Your cancer is incurable." Because chemotherapy, radiation, and surgery do not address the underlying process of cancer, they cannot halt the spread of malignancy throughout the body.

It is in the nature of cancer that it incubates for months (and sometimes years) before breaking out into full blown malignant tumors. Truly, it is up to each individual to do what is necessary to disrupt and eliminate the process of cancer. And it is possible for us to do that with diet and lifestyle changes! The roots of cancer arise from metabolic dysfunction – and a metabolic dysfunction is directly influenced by diet.

Consider the disease called scurvy, which causes the breakdown of blood vessel walls and results in excessive bleeding. Scurvy is actually a metabolic illness that killed hundreds and thousands of people between the years

of 1700 to 1900. More than 250 years ago Dr. James Lind proved that lemons were an effective cure for this disease. His discovery was so simple that it was rejected, and it actually took some 40 years before citrus fruit (high in vitamin C) became a regular addition to the diet. Once it became an accepted fact that diet (in this case, vitamin C) was crucial, scurvy was almost completely eradicated. Today, there are virtually no cases of scurvy to be found.

A similar situation existed with diseases like pellagra, rickets, beri beri, and most cases of pernicious anemia. These are all diseases that relate directly to malfunctioning body metabolism, and they have been cured by the inclusion of specific food factors or vitamins in our diet.

Cancer is a chronic metabolic disease, and no chronic metabolic disease has ever been cured without involving certain food factors found in whole natural foods.

Like the other diseases just mentioned, cancer arises because of malfunctioning body metabolism. So if we are to be serious about the business of reversing the process of cancer we must get to the business of diet and lifestyle changes, and do it with determination and commitment.

Nearly one hundred years ago, a renowned Scottish embryologist named Dr. John Beard completed an extensive study, called *The Enzyme Treatment of Cancer and Its Scientific Basis*, copyright 1911. Dr. Beard's research, which actually began in 1888 and has never been refuted, shows that the process of cancer occurs when the body is

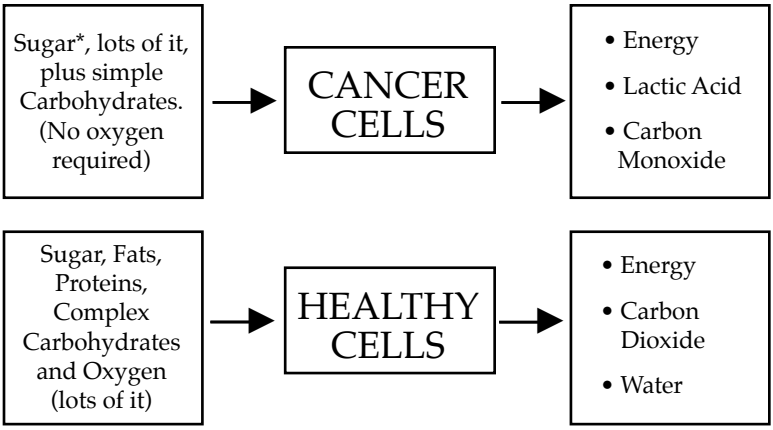
deficient in certain protein digesting enzymes, especially the enzymes called trypsin and chymotrypsin. He found that cancer (no matter where it manifests in the body) arises when primitive germ cells become activated causing them to develop into trophoblast cells.

Trophoblast cells are undifferentiated cells like those that form the fetus of a new baby. When there is a deficiency in protein digesting enzymes, that's when newly formed trophoblast cells are allowed to grow unchecked, thus forming a malignant tumor. Again, remember that cancer is a process not an object, and that process is allowed to flourish when there is a scarcity of protein digesting enzymes in our body.

The primitive cells that we just mentioned are actually in our bodies from when we were first formed in our mother's womb, and they cause us no problem until and unless they become activated and develop into trophoblast cells **because of a lack of protein digesting enzymes**. The pancreas supplies us with protein digesting enzymes, and we can also get these enzymes from food.

But all too often our pancreas becomes "tired" and overworked from shouldering the load of producing large amounts of enzymes, because our diet consists mainly of cooked and denatured foods that have no enzymes. So again, when the body is deficient in protein digesting enzymes that's when we are at great risk of cancer.

It should also be noted that the effectiveness of protein digesting enzymes to halt the growth of untamed trophoblast cells is enhanced when the body has a



**Sugar, especially refined sugar, feeds cancer cells, and it depresses the immune system (the very system we depend on for destroying cancer cells).*

pH Scale

0 *acidic* ——— 7 ——— *alkaline* 14

On the pH scale, "0" is extremely acidic, and 14 is extremely alkaline. 6.9 would be considered very mildly acidic, and 7.4 is considered mildly alkaline. 7 is neutral. Water has a pH of 7.

Human blood maintains a slightly alkaline pH of 7.34, and it maintains that pH level often with great difficulty, due to our strong preference for acid forming foods (i.e. animal protein, grains, and cooked foods.)

favorable pH balance along with adequate oxygen at the cellular level.

Another way to think of cancer is that it is a process fueled in large part by a scarcity of protein digesting enzymes. In other words, we can think of it in part as an enzyme deficiency disease.

What can be done once it is discovered that an over-

worked pancreas is not putting out adequate protein digesting enzymes to check the untamed growth of trophoblast cells? We need to be sure to nourish our body with at least 75 percent raw uncooked living foods. Among those foods should be papaya and papaya seeds, pineapple, raspberries, pomegranate, blackberries, fresh squeezed collard green and kale juice, deep green leafy vegetables, carrots, garlic, seaweed. These living foods, all high in vitamin C and other beneficial nutrients, are also rich in digestive enzymes that are so critically needed.

In *"The Complete Book of Enzyme Therapy"* by Anthony Cichoke, he notes that digestive enzymes help with a number of things in the body, from digestion to normalizing the pH and helping with detoxification. Dr. Cichoke also notes that: "Digestive enzymes also serve as replacements for the body's pancreatic enzymes..." Therefore, if the pancreas is not working well, which is nearly always the case with cancer, then digestive enzymes that are in raw fruits, vegetables, and walnuts become especially important.

The information in the next chapter has to do with things that you and I can do, starting today, to respond to cancer! They are completely non-toxic, and health enhancing. If applied judiciously and with commitment, they can stimulate the body's healing power and interrupt the process of cancer.

"Your food shall be your remedies and
your remedies shall be your food."
Hippocrates

CHAPTER TWO

What We Can Do About Cancer, Now!

"Most cancer patients don't die from their tumors—
they die of malnutrition, toxemia, and/or infections.
Proper nutrition can help address all of these."
Susan Silberstein, PhD
(author of Hungry for Health)

If someone has cancer (no matter where that process manifests in the body) it is an indication that three things, all relating to the body's metabolism, need to be corrected at the earliest possible date:

First, the body's chemistry needs to be made less acidic and more alkaline. Cancer cells thrive only in a highly acidic environment. In that regard, daily consumption of deep green leafy vegetables (like collard greens, turnip greens, kale and Swiss chard) is vital. The abundance of chlorophyll in these plants enhances the circulation of oxygen at the cellular level, and it contributes greatly to normalizing body pH by making it less acidic and more alkaline.

Secondly, cancer is a way of telling us that our body lacks certain protein digesting enzymes. Cancer is an urgent call to stop eating animal protein (especially beef, pork, chicken, turkey, lamb, etc.), refined grains, simple sugars (including honey) and simple carbohydrates (like

white sugar, white rice, white potatoes, macaroni, spaghetti and pasta). As is indicated at the top of page 11, cancer cells thrive on simple sugars and simple carbohydrates.

Think of this disease as a compelling invitation to eat more fresh foods, raw fruits and vegetables, broccoli sprouts, garlic, complex carbohydrates (such as lima beans, and lentils), and particularly deep green leafy vegetables, carrots, and seaweed. These foods are rich in fiber and they contribute in unique ways to cleansing and to normalizing the body chemistry. Animal protein makes the body chemistry more acidic and it requires an already overworked pancreas to try to produce protein-digesting enzymes; and, as we have noted, cancerous tumors can appear when the body is deficient in these digesting enzymes.

Thirdly, cancer is a way of affirming that there is a scarcity of oxygen in the body at the cellular level. Dr. Otto Warburg, a German scientist, won the Nobel Prize in medicine for showing that cancer thrives where there is no oxygen and where cellular chemistry is highly acidic. Research completed by Keith Brewer, PhD and H.E. Sartori shows that raising the oxygen content in cells makes them less acidic and more alkaline, and cancer cannot thrive in such an environment.

Dr. Warburg proved that cancer cells generate their energy through a process called fermentation, a process that requires no oxygen. Energy generation through fermentation requires glucose and lots of it; and that is why cancer cells love simple carbohydrates, like white

sugar, honey, high fructose corn syrup, white rice, white potatoes, macaroni, spaghetti, pasta and refined grains. These foods all convert quickly to glucose when eaten.

On the other hand, healthy cells generate their energy through the process of respiration which requires oxygen. It is important to remember that cancer cells cannot thrive where there is an abundant supply of oxygen.

At a meeting with fellow Nobel laureates in Germany in 1966, Dr.Warburg confirmed that the key precondition for the development of cancer is a lack of oxygen at the cellular level. [Reference: Otto Warburg, *The Prime Cause and Prevention of Cancer* (Wurzburg, Germany: K. Tritsch, 1966)]. It is most unfortunate, however, that what Dr. Warburg discovered about the nature of cancer is not widely known or accepted. Visit any hospital cancer ward at mealtime and it is common to see patients eating the standard American diet which, as we know, is high in simple carbohydrates, dairy, and meat – the very foods that deplete the body's oxygen level and make its chemistry more acidic, and hence, cancer friendly.

Not only does the lack of oxygen at the cellular level create a friendly environment for cancer to thrive, but the proper acid/alkaline balance in the body is also vitally important. When the body's chemistry is slightly alkaline (as it should be) it enhances oxygen circulation. On the other hand, when overall body chemistry is acidic (as it always is when there is cancer) it causes a scarcity of oxygen among the cells.

Therefore, to either prevent or overcome cancer, high

priority should be given to nourishing the body with lots of alkaline forming foods that stimulate oxygen circulation. To that end, daily consumption of chlorophyll-rich deep green leafy vegetables (i.e., collards greens, turnip greens, kale, and their fresh squeezed juices) is highly recommended.

The following are a few simple and accessible ways to increase oxygen at the cellular level:

1. Deep breathing is very beneficial. Shallow breathing causes oxygen deficiency. It is best to breathe deeply often while using the full capacity of the lungs and expanding both the chest and the lower abdomen. Nathaniel Altman says the following in his well known book *The Oxygen Prescription:* "Healthy breathing involves deep, rhythmic breaths that fill the lungs with air and then exhale that air back into the atmosphere...most people do not breathe fully...many of us were taught to breathe relying only on the muscles of the upper chest, which tends to ventilate just the upper part of the lungs. By using the diaphragm as well as the upper chest to breathe we are able to take fuller breaths and incorporate more of the available oxygen in the lungs".

In addition, at the website www.Breathe2000.com we find the following: "Something we all can do to help bring more oxygen into our bodies is deep breathing. It is very beneficial to inhale air deep into the stomach, and the fresher the air the better. Do this often and the oxygen will enhance your healthy cells while helping suppress the growth of cancerous cells." So remember to inhale and exhale deeply through the nose. Do it often, and as

you do, more oxygen is being brought into the body, thus, helping to destroy cancer cells while also making it easier for toxins to be eliminated. Got cancer? Set a timer for a succession of 30 minute intervals as a reminder to do deep breathing throughout the day. When more oxygen is made available at the cellular level it also helps normalize the body's pH, making it less acidic and more alkaline.

2. Aerobic exercise increases the capacity of both the heart and lungs, thus getting more oxygen to the cells.

3. Eat smaller meals, because overeating causes oxygen deficiency. It is no wonder that when we overeat we tend to field tired and sluggish.

4. Eat deep green leafy vegetables daily, also juice them; they create a more alkaline body chemistry, and because they are rich in chlorophyll they facilitate oxygen circulation.

5. Eat fruits (e.g., papayas, mangos, figs, blackberries, raspberries, pomegranates) and vegetables that are rich in antioxidants; they help the body use oxygen more efficiently.

6. Increase the oxygen component of your drinking water by adding a few drops of a product called AlkaLife to each glass of water. Learn more about this product at alkalife.com. Be sure to drink adequate amounts of water during the day. Alternatively, a twist of fresh lime or lemon in each glass of water has a similar alkalizing effect.

7. Bath water should be free of chlorine. Put a filter on the shower head to filter out the chlorine, and fill the tub

from the shower head. Add a pint to a quart of 3 percent hydrogen peroxide to the bath water. It helps to further oxygenate the water.

8. Where possible, allow fresh air into every room in your home, day and night.

9. Follow the Budwig diet of fresh flaxseed oil and cottage cheese. See pages 27 and 30 for more information about the Budwig diet.

Oxygen and Free Radicals –

Granted, oxygen is extremely beneficial to our bodies; but sometimes oxygen molecules become highly reactive causing them to form harmful free radicals. Antioxidants can protect healthy cells from the harmful affects of free radicals. But if there are not enough antioxidants in the body to protect healthy cells from free radicals then there is a problem, because this can actually cause cancer to thrive. That is why eating antioxidant-rich fruits and vegetables is so vitally important for preventing and overcoming cancer.

It is well known that nature's most deeply colorful fruits and vegetables provide the most powerful antioxidant benefits. Shown on the next page is a list of antioxidant-rich fruits and vegetables as measured by their oxygen radical absorbance capacity (or ORAC) value. The list is based on roughly 3.5 ounces of each fruit or vegetable:

Fruits	*ORAC Value*	*Vegetables*	*ORAC Value*
Pomegranate (juice)	2,860	Kale	1,770
Blueberries	2,400	Spinach	1,260
Blackberries	2,036	Brussels Sprouts	980
Strawberries	1,540	Alfalfa Sprouts	930
Raspberries	1,220	Beets	840
Plums	949	Red Bell Pepper	710

The ORAC value is a measure of the antioxidant value of a food. Higher ORAC values indicate a greater ability to suppress dangerous free radicals. The U.S. Department of Agriculture advises consuming 3,000 to 5,000 ORAC units per day to maintain adequate antioxidant protection from free radicals. However, for someone challenged with cancer, this author would recommend that they consume 6,000 to 9,000 ORAC units a day for at least 45 days. Also, it is to be noted that the most commonly consumed fruits and vegetables (like apples, oranges, grapes, corn, iceberg lettuce, and carrots) all have comparatively low antioxidant or ORAC values. So in order to consume high amounts of antioxidants, it is important to include in one's diet a lot of deep dark fruits and vegetables like those shown in the above chart.

In addition, try to get regular physical exercise. Walking is very beneficial, so is bouncing on a small indoor trampoline; they both facilitate blood circulation

while also exercising the all important lymph system. If possible, be sure to get the benefit of the sunshine's vitamin D, and try and sleep near a window with the window cracked so as to bring in more fresh oxygen.

Your Immune System

We must remember the importance of a strong immune system, because it protects us from all types of diseases. The idea is to stimulate the body's immune system to do what it usually does in a healthy body – overcome cancer.

To that end, it is very important to supply the body with an abundance of fresh plant-based enzyme-rich foods, get proper rest, drink plenty of water, exercise (even if it's only walking), and try to clear the mind of worry and anxiety.

"Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides in each patient a chance to go to work."

Dr. Albert Schweitzer

CHAPTER THREE

The Good News

The various points just mentioned can be successfully addressed not with drugs, radiation or surgery, but with diet, exercise, and stress reducing measures. Raw, organically grown fruits and vegetables are your best friends if you want to prevent or overcome cancer. They introduce valuable digestive enzymes, thus reducing the demand on an already over-worked pancreas. On the other hand, eating animal protein (including pasteurized dairy) makes the body more acidic, and further depletes the body's already scarce supply of important protein-digesting enzymes. Someone with cancer will almost always lack protein-digesting enzymes. But fresh fruits and vegetables (especially raw) introduce much-needed enzymes into the body.

Some fruits and vegetables are more important than others for someone with cancer. I refer particularly to the fruits papaya, pineapple, figs, mangos, wild berries like blackberries, raspberries, blueberries; deep green leafy vegetables like collard greens, kale, turnip greens, mustard greens; garlic, ginger root, mushrooms, curry and tumeric spices. As we consume these foods, we're also strengthening the immune system. For more details, see chapters 7, 8 and 9 of my book, *Fear Cancer No More*, copyright 2002.

In a carefully researched book titled *Healing Power*

of Papaya (ISBN 0-914955-63-2), the author, Barbara Simonsohn, writes about the importance of the papaya fruit and papaya seeds. She notes that the enzyme, papain, which is especially abundant in papaya seeds, is effective for digesting protein. It has been shown to dissolve the protein coating from around cancer cells, and this enables the immune system to "see" or recognize the cancer cells and target them for destruction.

If I had cancer I would be sure to eat part of a papaya along with about two tablespoons of papaya seeds each day for at least a month in order to introduce important protein digesting enzymes into my body.

Incidentally, the enzyme called bromelain, found in pineapple, is also a protein-digesting agent. In her book, Ms. Simonsohn notes that the same is true of the enzymes found in fresh mangoes, but that papaya as well as papaya seeds are of highest priority because they provide protein digesting enzymes that help destroy cancer cells.

Physical exercise is also a very important component in the effort to recover from cancer. Physical exercise forces us to do deep breathing, and this introduces more oxygen into the body, and as we have seen, oxygen enhances healthy cells and it suppresses cancer cells. Physical exercise also helps to burn up toxins, which in turn helps normalize body chemistry, making it more alkaline. Consider something as simple as walking. Studies show that brisk walking is one

of the most effective and least stress inducing exercises. It requires no special equipment or training and we all can do it.

> *"Cancer is the final stage in years of acting against the laws of nature."*
>
> *– Helmut Wandmaker*

CHAPTER FOUR

Additional Dietary and Lifestyle Factors that Work

If someone sincerely wants to reverse cancer (as opposed to merely eliminating the malignant tumor **symptom**), they need to "bite the bullet" and commit uncompromisingly to a largely plant-based diet (i.e. fruits, vegetables, and raw nuts). To be sure, it will require a lot of discipline, but the reward is that it brings about a biological terrain where the process of cancer cannot flourish. Note, also, that the more advanced a cancer is, the more aggressive one has to be with diet and exercise. For example,

• **Drink a couple of ounces of fresh squeezed deep green leafy vegetable juice** every 3 hours during the day for at least a month.

• **Take cold showers**, because cooler water makes body chemistry more alkaline; end hot baths or showers with cold water.

• **Do deep breathing often** because this increases the rate of carbon dioxide acids being discharged from the body, making the body less acidic.

• **Pray and/or meditate**: To the extent that they calm the body, this can help create a more alkaline (i.e. healthy) body chemistry.

• **Eat papaya and/or pineapple daily**: They are unique in that they introduce vital protein digesting enzymes that

dissolve the protein coating from around the cancer cells so the immune system can finally see the cancer cells and target them for destruction.

• **Drink aloe vera juice daily** to strengthen the immune system, to help make the body chemistry more alkaline, and to suppress inflammation.

• **Place about a half cup of wheat berries in a 10 or 12 ounce glass filled with water to soak for a day or two, then drink the water**. The wheat berries release their enzymes into the water and this is an extremely rich source of enzymes. After drinking the enzyme rich water, refill the glass with water using the same wheat berries for up to six days before starting over with a new batch. This drink is called rejuvelac. Drink it daily. It was used with great success by the late Ann Wigmore. (For more details, see chapters 7 and 9 in *Fear Cancer No More*).

• **Consider adding digestive enzymes to cooked food**. One can buy at health food stores digestive enzymes called pancreatin; or, better yet, it is possible to make your own digestive enzyme supplement by drying out enzyme-rich papaya seeds, grinding them up, and shaking a generous amount onto cooked vegetables.

Four food factors that curb the growth of cancer cells:

• **The first is nitriloside** (or amygdalin), which is a food factor found in greatest abundance in apricot kernels. Dr. Ernst T. Krebs, Jr. discovered the beneficial effects of nitriloside as a food factor some 50 years ago. Dr. Krebs' findings are fully documented. Nitriloside

occurs naturally in foods such as lima beans, lentils, radish sprouts, bean sprouts, avocados, broccoli sprouts, black-eyed peas, walnuts, papaya (and papaya seeds), flaxseeds, sorghum molasses, spinach, kale, collard greens, blackberries, raspberries, turmeric and curry spices. In laboratory experiments, when turmeric was added to the diet of mice it inhibited their stomach and breast tumors. See *Turmeric and The Healing Curcuminoids* (ISBN 0879837683) by Muhammed Majeed, PhD. Make a daily habit of eating whole foods that are rich in nitriloside.

The research of Dr. Krebs and others shows that nitriloside, a little known food factor, combines with the enzyme called beta glucosidase that's found in abundance in all cancer cells. The combining of nitriloside from the food, and beta glucosidase from cancer cells produces two poisons that kill cancer cells in the area while leaving healthy cells unharmed. So what we have is a kind of natural chemotherapy minus all the adverse side effects of regular chemotherapy (which kills healthy cells along with cancer cells).

If I had cancer, I would be sure to eat 40 to 60 apricot kernels a day for a month or more, depending on how far the cancer condition had advanced in my body. I would start off eating a few apricot kernals, and over about 10 days I would gradually increase it to 40 to 60 kernals a day.

Apricot kernels are not easy to find, but I know of two companies in California that sell them: American Biologics, Phone 1-800-227-4473; Sun Organic Farm, Phone

1-888-269-9888. (For more documented information on nitriloside, see chapter 8 of my book, *Fear Cancer No More*). Also see the diagram on pages 28 and 29 of this booklet.

• **The second important food factor is found in green and black tea.** The leaves from which both of these teas are made come from the same plant, called Camilla Sinensis. This tea has been the subject of numerous studies. In essence, green tea and black tea have been shown to increase the immune system's ability to recognize and destroy cancer cells. These teas are extremely rich in antioxidants called flavonoids; and antioxidants help prevent cancer by shutting down the activity of free radicals. Green tea can be purchased at health food stores. Akili, Ltd. (www.akilitea.com) is a small Minneapolis-based company that produces an exclusive select blend of African black tea. If I had cancer I would surely drink two to four cups of black or green tea daily.

• **The third food factor is flaxseed oil and cottage cheese**. In 1951 Nobel Prize nominee Dr. Johanna Budwig discovered the benefits of using these foods to address cancer. It was revealed that a substance in flaxseed oil (also found in cod liver oil) suppresses cancer cells. The cottage cheese helps more efficiently assimilate the flaxseed oil into the body.

Referring to the Budwig diet of flaxseed oil and cottage cheese, Dr. Dan Roehm, M.D., FACP, an oncologist and former cardiologist, wrote the following in a 1990 article in the *Townsend Letter For Doctors and Patients:* "This (Budwig)

(continued on page 30)

Nitriloside – Amygd
A Natural Chemotherapy Wi

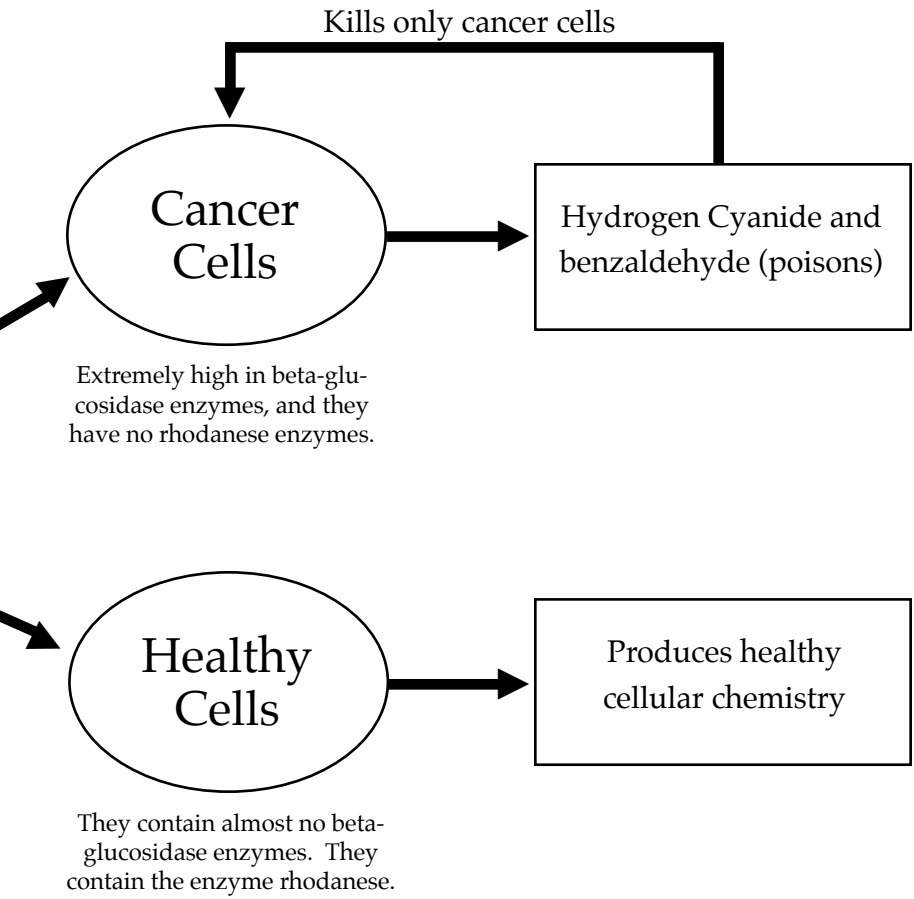
Nitriloside is a food factor that's found in large amounts in apricot kernels. Beta-glucosidase is an enzyme found in abundance in cancer cells, but not in healthy cells. When these two substances (nitriloside and beta-glucosidase) combine, they release hydrogen cyanide and benzaldehyde poisons. These poisons in turn kill cancer cells, and they do not kill healthy cells.

A food factor called nitriloside can combine with cancer cells to kill the cancer cells.

Conversely, nitriloside in these same foods enhances healthy cells.

An enzyme called rhodanese is found in healthy cells, and this enzyme combines with the poisons just mentioned to neutralize them, thus rendering them harmless to healthy cells. But cancer cells do not have the enzyme rhodanese, and therefore they suffer the lethal affects of the poisons. Think of nitriloside (also called amygdalin, and vitamin B-17) as a natural chemotherapy without the adverse side effects of regular chemotherapy.

dalin – Vitamin B-17
th No Unwanted Side Effects


Kills only cancer cells
Cancer Cells
Hydrogen Cyanide and benzaldehyde (poisons)
Extremely high in beta-glucosidase enzymes, and they have no rhodanese enzymes.
Healthy Cells
Produces healthy cellular chemistry
They contain almost no beta-glucosidase enzymes. They contain the enzyme rhodanese.

Sources:

Kittler, Glenn D. Laetrile: *Control for Cancer*, 1963.

"Laetrile Preparation", A letter from the Chief Medical Examiner of the City of New York, March 15, 1953.

Fishman, W.H. and A.J. Anlyn. "The Presence of High Beta-glucuronidase Activity in Cancer Tissue". *Journal of Biological Chemistry*, 169 (1947), pp 449-50.

Also, see the works of Ernst T. Krebs Jr. and Sr. at the John Beard Memorial Foundation, San Francisco, CA, 1952.

diet is far and away the most successful anti-cancer diet in the world."

But don't take my word for it, do your own research. If I had cancer, I would certainly take a tablespoon of flaxseed oil (or cod liver oil) mixed thoroughly with a half cup of cottage cheese each day for a month or more. An additional benefit is that it increases oxygen circulation at the cellular level, which, as we have noted, suppresses cancer cells and enhances healthy cells.

• **A fourth food factor is Essiac tea**. This is an herbal tea made of burdock root, sheep sorrel, slippery elm, and Turkish rhubarb. This tea, used successfully for many years by Native Americans, is particularly effective in cleansing and detoxifying the body when consumed daily over a period of two to three months. There is an extensive history behind this tea in helping people overcome cancer. See the book, *The Essiac Report* by Richard Thomas, copyright 1993.

The recipe for Essiac tea was passed on to a Canadian nurse named Rene Caisse in the 1920s from a Native American medicine man. In addition to being a cleanser, this herbal tea helps the all important pancreas to function better.

Drinking two to four cups of it a day is a smart idea for anyone wanting to prevent or to overcome cancer. For best results, it should be properly brewed. This tea can be purchased in bulk dried form and brewed fresh each day. A good source of bulk dried Essiac tea is from Tenzing, Momo, Inc., an herb store in Seattle, Washington. Phone

(206) 623-9837. When they send you this product they also include instructions for brewing it.

Maintaining a Healthy Sense of Self

Obviously, cancer is a serious health condition; but cancer is not your life, it is not the essence of who you are. Do not let cancer define who you are. Your sense of self should be that you are spirit, made in God's likeness and image. Do not allow your mind to dwell on the notion that "I have cancer" or that "I am a cancer patient". Instead, know that you are a Child of God, even though you may be challenged by a condition called cancer. And believe unto yourself that you can meet that challenge by aggressively pursuing a diet of live plant-based foods and by doing those things that make the body chemistry less acidic, and more enzyme and oxygen-rich. In such an environment, cancer is unable to thrive in the body.

Moreover, it is not about "battling" or "fighting" cancer. In order to fight something you first have to engage it, and that automatically gives it a degree of power. **Do not empower cancer in any way!**

So let us dispense with the notion of "fighting cancer", and focus, instead, on merely enhancing the body's healing power.

If cancer causes us to begin nourishing our body with more alkaline forming foods and fewer acid forming foods, it has been a blessing.

CHAPTER FIVE

Diet and Recipe Suggestions

Here is a recipe for my favorite **TAHINI SALAD DRESSING**, a tasty complement to deep green leafy vegetables.

1/4 cup fresh squeezed lemon juice
1/2 cup olive oil
1/4 cup tamari
1/2 cup tahini
1/8 cup of water
2 finely chopped garlic cloves
1 tablespoon sorghum molasses

Consider this delicious
YAM (OR SWEET POTATO) STIR-FRY

Dice some yams (or sweet potatoes) for frying. Chop up a generous amount of onions, garlic and fresh ginger root. Using unrefined virgin coconut oil, fry these latter ingredients first for two or three minutes then add the potatoes and finish frying. Also add about a tablespoon of turmeric spice, known for its ability to supress cancer. Just before it's finished cooking, add about a tablespoon of tamari. Once this stir fry dish is cooked, add a generous portion of chopped seaweed. Eat this delicious entre with fresh deep greens, like collards, or turnip greens

along with a bit of tahini dressing. (Remember that seaweed is uniquely high in iodine, and selenium – two very important minerals that are extremely scarce in the American diet). Incidentally, if you do not have coconut oil, use a a bit of butter and/or olive oil for cooking this dish, but do NOT use any of the various refined and/or hydrogenated vegetable oils.

A tasty **LIMA BEAN DISH** for lunch or dinner

Pour one cup of dried lima beans and soak them in a pan of water for about 24 hours, then pour off the water. (Feel free to drink this water, as it is rich in beneficial enzymes that were released from the lima beans). Next, put fresh water into the pot of soaked beans, filling it about an inch beyond the height of the beans. Add 1 to 2 tablespoons of unrefined virgin coconut oil. Cook this very slowly (barely allowing it to boil) for about two hours, then add about a half cup of chopped onions and the same amount of fresh chopped ginger root. Also add a tablespoon of turmeric spice. About the last half hour of cooking, add a tablespoon of sorghum molasses and two teaspoons of tamari. When this dish is finished cooking be sure to add some chopped seaweed before serving it.

In addition to lima beans, we can prepare similarly black eye peas, black beans, lentils, or brown rice, as these are all very beneficial nitriloside-rich foods.

Breakfast Suggestions

FRESH FRUIT – Especially include papaya, blackberries, raspberries, blueberries, figs, pineapple, and grapefruit.

WHOLE GRAINS – Especially include oatmeal millet, ground flaxseed, brown rice, and flax meal breakfast flakes.

NUTS – Almonds, Brazil nuts, pecans, walnuts, apricot kernels. Note: always chew nuts thoroughly before swallowing them to help release their otherwise dormant enzymes. *Note: For best results, nuts should be soaked in water overnight to release their enzyme inhibitors, thus making them easier to digest.*

MILK SUSTITUTES – Pasteurized cow's milk contains NO enzymes to facilitate its digestion. The enzymes were killed in the pasteurization process. Commercial milk comes from cows that are routinely injected with growth hormones and antibiotics, and studies show that these substances are highly suspect for someone facing the challenge of cancer. It is better to choose a product like 'rice dream' (made from rice), or coconut milk, as a milk substitute for breakfast cereal.

SORGHUM MOLASSES – Used sparingly, this is good as a nutritious sweetener.

General Dietary Comments

Someone facing cancer should resolve to eat mainly uncooked (hence, enzyme-rich) fruits, vegetables, and raw nuts. Grains, even whole grains, should be only a minor part of the diet. Cooked food should include complex carbohydrates, such as sweet potatoes, squash, lima beans, lentils, and black beans. Simple carbohydrates and refined grains (like white sugar, white flour, pasta, macaroni, white potatoes, and white rice) should be off limits. The body easily converts simple carbohydrates into glucose, and this glucose provides cancer cells their main source of energy. We must deny cancer cells their source of energy!

Finally, as we have already noted, if someone is challenged with cancer, they will want to stop eating animal protein for an extended period of time. Unfortunately, animal protein when cooked makes the body more cancer-friendly by increasing the body's acidity level. It also places great demand on an already weakened pancreas to try and produce pancreatic digestive enzymes necessary for digesting the cooked meat.

A Special Note on Keeping a Clean Liver

While the body is ridding itself of toxins and eliminating dead cancer cells because of the dietary initiatives mentioned here, a very important organ, the liver, will be working overtime. The liver serves as a kind of filter for

helping to get rid of dead cancer cells and toxic materials. It is, therefore, very important that we clean this "filter" regularly so it can do its job much more efficiently.

This is very important, because without efficient liver function dead cancer cells and toxic tissue will hang around longer than they should, making us feel sick, sluggish, and sometimes even causing a slight fever. So, someone who is recovering from cancer is well advised to drink the juice from a freshly juiced beet two to three times a week. As a liver cleanser there is no better vegetable than fresh beets.

Lastly, coffee enemas are even more effective for cleansing and rejuvenating the liver. This is especially true for someone whose cancer symptoms are far advanced. There is an organically grown product called *Enema Coffee* that is excellent. For more information about this product call 1-866-266-4066, or go to: www.sawilsons.com.

Foods to eat and not to eat when challenged with cancer:

1. DO NOT EAT foods that feed cancer cells and help them thrive. They include: refined sugar, high fructose corn syrup, refined flour and refined grains in general, most dairy products.

2. DO NOT EAT foods that make the body prone to get cancer, or that encourage its growth. They include: soy oil, corn oil and other polyunsaturated and hydrogenated oils, including margarine, aspartame (i.e., Nutri-Sweet,

Equal, diet sodas), chemical preservatives, additives, coffee, alcohol, food dyes.

3. DO NOT EAT foods that impair the immune system's ability to destroy cancer cells. That includes: animal products, especially meat, and to a great extent dairy, and various processed and hydrogenated vegetable oils, as just mentioned.

4. In contrast to the foods just mentioned in items 1, 2 and 3, consider **EATING the following Super Foods** that bolster the immune system, provide much needed fiber, and antioxidants that create an alkaline environment rich in protein digesting enzymes and in oxygen:

Garlic (2 to 4 cloves/day); **Apricot kernels** (they enhance healthy cells and kill cancer cells); **Deep green leafy vegetables** (e.g., collard greens, turnip greens, kale) and their fresh squeezed juices, they are rich sources of magnesium and other alkalizing and oxygen producing nutrients); **Papaya** and **Papaya Seeds** (rich in protein digesting enzymes), **Pineapple**; **Turmeric** spice (excellent anti-inflammatory and alkalizing spice); **Green tea**, **carrots**, **seaweed** (excellent source of iodine and selenium); **Essiac tea**; **Legumes** (such as lima beans, lentil, and black-eyed peas); **Soy Bean Sprouts** (complete source of easily digestible protein that makes body chemistry more alkaline); **Antioxidant-rich fruits** (such as pomegranates, blackberries, raspberries, blueberries, figs, persimmons); and whole grains (mainly millet and oatmeal).

I will state without hesitation that if cancer is ever

discovered in my body I will make every effort to see that my food choices come from item 4 as mentioned here, and I will consume such foods with resolve and determination for at least 45 days.

Some readers will ask, are there clinical and scientific studies that prove the effectiveness of the various foods? The answer in a few cases is, no; and don't hold your breath waiting for such studies, because there is no interest on the part of food and drug companies to undertake such studies. And the reason they are not interested is because any natural food that grows from the earth cannot be patented, and since they cannot be patented there is no financial incentive for food and drug companies to finance expensive scientific studies. But there is good news: it is that you and I can consume these Super Foods and prove for ourselves that they greatly enhance our body's healing power.

Timely Information About a Little Known Oil

The oils most frequently consumed by Americans are vegetable oils. They include soy oil, corn oil, safflower oil, all of which have been hydrogenated and/or in some way refined, making them difficult for the body to process, and at the same time greatly challenging the immune system. Because of their chemical structure, these oils are designated as 'long chain' polyunsaturated oils. A

number of studies show that long chain polyunsaturated oils are unstable and quick to become rancid, and again, they suppress the immune system. Oils that have become rancid have a high likelihood of breeding one thing: cancer-causing and tissue damaging free radicals. This situation not only undermines the effectiveness of the body's immune system, but over a period of time it also has a definite adverse affect on the heart and the cardiovascular system.

For further information, the reader is hereby referred to extensive research on the subject of oils by Mary Enig, PhD, and to research conducted by Professor (emeritus) J.J. Kabara, PhD. The work of these two accomplished scientists shows that polyunsaturated oils are, among other things, difficult to digest, and when fed to animals they promote tumor growth.

Polyunsaturated oils began gaining favor with consumers more than fifty years about the same time that all saturated fats began to be deemed unhealthy. But it is incorrect to lump all saturated fats together and assert that they all are bad for the health. There are short, medium, and long chain saturated fats; and each group has different characteristics. Saturated animal fats and most vegetable oils are all long chain oils. **Unrefined virgin coconut oil** is also a saturated fat because it is made up of saturated fatty acids. But the significant difference is that unrefined virgin coconut oil is a **medium chain** (as opposed to long chain) saturated fat. The principal component in coconut oil is a saturated fatty acid called

lauric fatty acid, which is beneficial in attacking harmful viruses and bacteria and is known for helping to build the body's immune system. It is interesting to note that lauric fatty acid is found in human breast milk.

In addition, because of its chemical structure as a medium chain oil, unrefined virgin coconut oil is uniquely stable, it does not go rancid and create free radicals in the body, nor does it encourage weight gain, and the body digests it with ease. This oil exhibits anti-cancer affects in that it strengthens the immune system. Dr. Bruce Fife, who has researched and written extensively on this topic, notes that unrefined virgin coconut oil is used in emergency room intravenous solutions, and that it is added to infant formulas. Coconut oil has also been used in medications designed to curb the growth of harmful candida fungus; and candida fungus is directly implicated in cancerous tumor growth. See page 54 in this book.

In short, this oil is a much healthier choice than the hydrogenated and refined polyunsaturated vegetable oils that are currently staples in the American diet. And when purchasing it, be sure to insist on **unrefined virgin** coconut oil that comes with a definite coconut smell as a result of having been pressed from fresh coconuts.

> *"And God said, behold I have given you every herb bearing seed, which is upon the face of all the earth , and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat."*
>
> *– Genesis 1:29*

Questions and Answers

Q. How important is dietary fiber?
A. Dietary fiber is the indigestible part of foods of plant origin (it doesn't occur in any foods that come from animals, e.g. butter, meat, eggs, fish). Fiber provides bulk to our diet and helps to maintain a healthy colon. It dilutes any potentially hazardous or carcinogenic substances and also reduces the amount of time these substances would be in contact with the colon wall. Fiber also provides an environment that is conducive to "friendly" bacteria or acidophilus.

Most Americans eat about 10 grams of dietary fiber each day but this is about one-third of what is ideal. The suggested range is 25-35 grams spread over the day. This is best accomplished by eating fiber rich foods at each meal such as whole foods in the form of millet, beans, leafy vegetables, fruits, nuts and seeds.

Q. Why are foods that are rich in antioxidants so important for someone challenged with cancer?
A. Healthy cells generate their energy through a process called respiration. But free radicals block the process of cell respiration; and when this happens cancerous growth gets a free ride. In other words, free radicals actually stimulate the growth of cancer cells. Therefore, we must do all we can to eliminate free radicals. And foods that are rich in antioxidants can do that – e.g., blackberries, raspberries, blueberries, papaya, pomegranate, and deep

green leafy vegetables.

Q. I understand that fresh squeezed deep green leafy vegetable juice is vital for helping to create a chemistry where cancer cannot survive. But I find it very difficult, and almost sickening to drink this juice. What do you suggest?

A. Fresh squeezed deep green leafy vegetable juice is highly alkaline. On the other hand, our mouths are typically acidic, resulting from our diet of mostly cooked foods, animal products, and grains. Our taste buds are conditioned to tasting acid forming foods as opposed to alkaline forming foods.

That's why when first drinking it the green vegetable juice does not receive a hearty welcome from our taste buds. Drinking it requires will power and resolve for most people. But for someone facing the challenge of cancer, making the adjustment to drinking lots of deep green leafy vegetable juice can be a definite plus. And when first starting, here's how one can make green juicing a bit more palatable: juice about a half of an apple with the green juice, and also dilute it with an ounce or two of water for the first few times until the taste buds are a bit more accustomed to the taste. (Incidentally, for best results, no fruit juice other than that from apples should ever be mixed with vegetable juice).

Q. Why do you emphasize that animal protein should be discontinued if someone learns that they have cancer?

A. First, cooked meat makes the body chemistry more acidic, and cancer cells thrive in an acid environment.

Also, cancer, at the cellular level, is an enzyme deficiency disease. Whenever there is cancer, no matter where its tumor symptom is located, it means that a weakened pancreas is unable to produce sufficient protein digesting enzymes.

So when someone with cancer eats cooked meat (which has no digestive enzymes), and pasteurized dairy products (which also have no digestive enzymes) then those foods will consume what few protein digesting enzymes that the pancreas is able to supply, thus leaving no remaining enzyme power to help curb the growth of cancer cells. Stated differently, eating cooked animal products robs the body of those enzymes that are vital for destroying cancer cells.

Incidentally, the link between animal products and cancer is not new. As early as January 1892 an article in Scientific American magazine stated that: "Cancer is more frequent among branches of the human race where carnivorous habits prevail."

Q. If someone with cancer should not eat meat and dairy, where will they get their proteins?

A. They can get an abundance of very important lightweight vegetable protein from deep green leafy vegetable juices. Uncooked deep green leafy vegetables give a strong boost to the immune system, and they stimulate a reaction in the body that results in the manufacture of vitamin B-12. But more than that, this valuable food provides the building blocks for lean connective tissue, thus enabling the body to withstand physical stresses. Malignant tumors rob body tissue of vital protein, but lightweight vegetable protein

from these deep green vegetables helps maintain muscle tissue and prevents the body from becoming greatly weakened. Juicing of deep green leafy vegetables is of paramount importance, it cannot be stressed enough! In addition, avocados, walnuts, pecans, pistachios, Brazil nuts are all excellent sources of plant-based protein, as are lima beans, lentils, and black beans.

And last but certainly not least, there are bean sprouts in general, and soy bean sprouts in particular, that are among the most bio-available and complete vegetable proteins to be found anywhere. Unlike animal protein which requires the pancreas to produce digestive enzymes, and which cause body chemistry to become more acidic, fresh bean sprouts, on the other hand, have their own digestive enzymes and they produce an alkaline chemistry in the body. And the good news is that in just 4 to 6 days one can grow their own bean sprouts right on their kitchen cabinet. Starting with dried organically grown beans, they should be soaked for 3 to 4 hours then rinsed 4 to 6 times a day for the next 3 to 5 days to stimulate sprouting action.

Q. Why are green vegetables, and especially deep green leafy vegetable juice, so vital?

A. Cancer, no matter where it manifests, has an easy time of thriving when the body is too acidic and when there is a scarcity of certain enzymes and oxygen at the cellular level. One way to reverse these conditions and make cancer unwelcomed in the body is to drink deep green leafy

vegetable juice. And if someone already has cancer they would need a therapeutic level of this juice, that is, several glasses daily in order to affect the body's chemistry in a way that enhances health and suppresses cancer cells.

We cannot say enough about the benefits of deep green leafy vegetables. Truly the fresh squeezed juice from collard greens, turnip greens, or Swiss chard, if consumed at least six times a day for someone facing the challenge of cancer – this can do a lot toward creating a chemistry where cancer cells cannot thrive. This juice makes the body less acidic and more alkaline (and cancer cells cannot thrive in an alkaline environment), plus the green chlorophyll in this juice enables the red blood cells to circulate a lot more oxygen at the cellular level (and oxygen enhances healthy cells while suppressing cancer cells). In addition, this juice introduces beneficial enzymes (and the action of these enzymes helps destroy cancer cells). Last but not least, this juice is loaded with lightweight protein that helps build strong muscles. If you are facing the challenge of cancer, drink a couple ounces of fresh squeezed deep green leafy vegetable juice 6 or 8 times a day and prove its effectiveness for yourself!

Q. Since the process of cancer arises from a malfunctioning pancreas that can no longer produce adequate protein digesting enzymes, how does diet correct that situation?
A. We can simply eat more foods that have their own digestive enzymes, and that means more raw fruits, vegetables, and nuts. Cooked and processed foods have

no enzymes (as they have all been destroyed). When we eat raw foods, the malfunctioning pancreas is not called on to try to produce enzymes that it cannot produce. Two foods, in particular, that are capable of providing protein digesting enzymes similar to those provided by a healthy pancreas are papaya (along with papaya seeds) and pineapple. They provide the enzymes papain and bromelain, respectively.

Q. How can someone who has eaten a normal American diet for many years change their diet and adopt what is discussed here?

A. It definitely takes commitment and resolve. Face it, most people (including many with cancer) will not be able to make the switch. But those that do, and who proceed with faith and understanding, are bound to release powerful healing forces. Dr. Susan Silberstein authored an excellent book entitled *Hungry for Health* that can be helpful in this regard. It emphasizes four back to basics dietary principles, and it includes numerous easy to follow recipes.

Q. What are some of the earliest symptoms of cancer, even before a malignant tumor begins to form?

A. Let us remember, as was noted earlier in this booklet, that cancer is essentially an enzyme deficiency disease. Specifically, it results from a deficiency in protein digesting enzymes. So if there is a scarcity in these enzymes then certain foods that we eat will not be properly digested, and this in turn causes indigestion, belching, and often

excessive gas (or flatulence).

In addition, persistently foul breath can be an indicator as well, because it signals digestion problems caused by anaerobic bacteria. (Anaerobic bacteria, like cancer cells, generate their energy without requiring oxygen). About a year before my late wife passed away due to cancer she used to take Tums almost daily for indigestion.

Q. You write about apricot kernels. Aren't they related to something called laetrile, which has been controversial and was banned in the USA in the early 1970s?

A. Apricot kernels have a decidedly bitter taste and they are related to laetrile. It is true that laetrile was banned in the USA about thirty years ago. But apricot kernels and laetrile are not the same thing. Laetrile was actually synthesized in the lab in the 1950s from nitriloside; and as we have noted here in this booklet, nitriloside is found in abundance in apricot kernels. In a general sense, one can think of laetrile as a kind of concentrated nitriloside. Laetrile became controversial in the late 1950s, but continues to be used with notable success in Mexico. Unfortunately, much misinformation has been circulated about laetrile.

Nitriloside (also known as amygdalin) is a food factor that's found in apricot kernels and in many other foods. It has been shown by researchers to stimulate a chemical reaction in persons with cancer that causes cancer cells to be killed while leaving healthy cells unharmed. (See *World Without Cancer* by G. Edward Griffin). **You and I do not**

have to get involved in the laetrile controversy. We can simply eat apricot kernels and let our bodies benefit from naturally occurring nitriloside. Apricot kernels have by far the most nitriloside of any food.

If I thought I had cancer, in addition to other measures mentioned in this booklet, I personally would progressively increase my eating of apricot kernels to 40 to 60 apricot kernels spaced throughout the day (depending on how far advanced the cancer was). And I would continue that for about two months. In fact, I did exactly that, with excellent results, in 2004 when at age 63 I began experiencing painful prostate symptoms.

Q. Why is it that there are no readily available studies proving the effectiveness of natural whole foods against cancer?
A. Scientific and clinical studies cost a lot of money to carry out. Let us not forget that pharmaceutical companies are charged with the responsibility for making a profit for their stockholders. If these companies commit to researching the effectiveness of various whole foods against cancer, they would want to be able to obtain patents so they could market and make a profit from the substances and food factors that they found to be effective. But no one can obtain a patent on naturally occurring substances even if studies prove that they heal.

For example, a company could not get a patent on, say, the active naturally occurring ingredient found in garlic that helps with healing. You cannot patent a naturally occurring substance or food factor. So, there is no monetary

incentive for pharmaceutical companies to undertake such an expensive study. But, just because these companies elect not to conduct studies on the health benefits of, say, garlic (or any other plant), it does not mean that these plants have no beneficial effects.

Q. Why is cancer of the pancreas so much more difficult than other cancers?

A. All cancer, no matter where it manifests in the body, arises because of an overworked pancreas that can no longer supply adequate protein digesting enzymes. In addition to helping the body digest protein, these enzymes provide another very important function: they dissolve the protein/starchy coating from around cancer cells, which in turn helps destroy the cancer cells.

If a malignant tumor is anywhere other than in the pancreas, then most likely the pancreas will retain some limited ability to produce these crucial enzymes. But if the pancreas itself is suffering from a malignant tumor, then it will supply virtually no protein digesting enzymes; and this amounts to a green light for cancer cells anywhere in the body to grow and spread at a rapid rate. Also, with the pancreas virtually out of commission a number of vital digestion functions go wanting.

But the body is more forgiving than we often give it credit for. Cancer of the pancreas has been reversed in many cases. It requires, however, a diligent and highly aggressive response involving diet and lifestyle factors that eliminate the underlying cause of cancer.

Q. Why are some natural (non-drug) responses to cancer often more successful than conventional cancer treatment?
A. It is for two reasons: First, unlike conventional cancer treatment, natural (non-drug) approaches are non-toxic. As a result, they can be administered continuously, day after day. For example, if someone is pursuing a diet and lifestyle approach by drinking deep green leafy vegetable juice, green tea and beet juice, eating apricot kernals, papayas and other fresh fruits and vegetables, taking cold showers, walking, doing deep breathing, and more – all these things can be done continuously, practically everyday, for months, in order to halt the growth of the cancer process.

On the other hand, conventional treatments are toxic and they suppress the immune system. Therefore, they CANNOT be administered everyday; otherwise they may kill the patient before the cancer does. And when these poisonous drugs are not being administered, cancer cells do not rest; instead, they keep on growing, and often they develop resistance to the drugs.

The second main reason that natural methods often have a better success rate is that, unlike conventional treatment, they do not produce serious side effects such as liver, kidney, and heart damage to the point that the side effects themselves can be life threatening.

Q. Aren't there different types of cancer – such as breast cancer, prostate cancer, liver cancer, colon cancer?
A. If cancer is defined as the malignant tumor on some-

one's breast, prostate, liver, or colon, etc., then it follows that we would refer to different "types of cancer". But cancer is in reality a PROCESS that has malfunctioned, and which eventually causes a malignant tumor symptom to arise. Our priority should therefore have less to do with identifying a "type of cancer" and more to do with disabling the PROCESS that produces tumor symptoms throughout the body.

Q. Why is it important for people to know about ways of responding to cancer other than conventional treatment?
A. Consider this statistical fact: about 1 in 3 Americans alive today will develop cancer. (And some research suggests that it is actually closer to 1 in 2 that will develop cancer.) Unfortunately, conventional treatments (surgery, chemotherapy, radiation, hormone therapy, and a few other recent drug therapies) offer very low chance of real recovery. At best, they help to control this disease but not to eliminate it. We would be well advised to stay informed and keep our options open.

Q. You write extensively about the health benefits of whole foods, and raw fruits, vegetables, and nuts. How can someone be sure that their body will adequately assimilate these foods and put them to their best use?
A. Unfortunately, the heavy consumption year after year of cooked foods and dairy products causes mucus build up in the walls of the small intestine. As a result, it prevents even healthy foods that are eaten from having

their maximum benefit, because the mucus build up tends to block the absorption of nutrients. There is, however, a proven product made in part from okra and from radish root, and the product is called *Clean Up*. It is designed to cleanse the small intestine and in turn it enables the body to more efficiently utilize the nutrients in the food consumed. *Clean Up* comes in capsule form, and it can be obtained from College Health Stores in Weatherford, Texas. Phone 1 (888) 477-3618.

Q. I recently read that baking soda has been successfully used to slow and sometimes halt the growth of cancerous tumors. How and why does that work?

A. Baking soda, also called bicarbonate of soda, is what chemists refer to as a 'base'. It is heavily alkaline and negatively charged, and when it combines with an acid it neutralizes the acid. As we have noted, cancerous tumors are heavily acidic; and if a baking soda solution is made to come in close contact with a cancerous tumor it can neutralize and destroy it. Currently, however, the main challenge has to do with developing ways to effectively deliver the baking soda solution to the deepest parts of cancerous tumors located throughout the body. When such procedures are devised it is likely that we will hear a lot more about baking soda in connection with cancer treatment.

Dr. Tullio Simoncini, M.D., is an oncologist who practices in Rome, Italy. He has done extensive research with baking soda and cancer. In the course of his research

he learned that there is one thing that all cancerous tumors have in common: it is that these tumors are all held together by acid based glue that's produced by Candida albicans fungus. Dr. Simoncini found that Candida albicans fungus makes toxins that prevent normal cells from being able to self-destruct when things go awry. The activity of acid forming fungus allows cancerous cells to continue to grow unchecked, causing increasingly acidic body chemistry.

By positioning a small catheter directly in the artery that nourishes a targeted cancerous tumor, it is possible for high dosages of baking soda solution to be administered deep into the tumor mass in question. With this procedure, Dr. Simoncini has been successful in destroying cancerous tumors in his patients. For some cancerous tumors in the digestive tract he has found that drinking baking soda soultions can be beneficial.

Dr. Simoncini documents his work in a book that he authored, which is entitled *Cancer Is A Fungus*. His book was translated into English in 2007.

The cancer-fungus connection is currently the subject of increasing inquiry. Read Doug Kaufman's well- researched book entitled *The Germ that Causes Cancer*, copyright 2005. Interestingly, he notes that foods (like refined sugar, and simple carbohydrates) that fuel cancerous tumor growth also promote harmful fungal growth; and that foods like garlic, turmeric and broccoli that are strong cancer fighters are similarly effective against harmful fungal colonies.

About Cancer Testing

Cancer testing is a significant part of conventional cancer treatment. Conventional medical practice uses tests that include mainly biopsies and various scanning procedures for locating tumors and noting their characteristics. As was mentioned at the outset of this book, malignant tumors are themselves not cancer; instead, they are **symptoms** of an underlying cancer **process**. In other words, we can think of cancer as a process that gives rise to malignant tumor symptoms. Testing for cancer, therefore, should focus mainly on monitoring the cancer **process** as opposed to checking for tumor symptoms. Invasive tests, such as biopsies, that examine the nature of tumor symptoms are risky. A biopsy involves minor surgery, and accordingly, it weakens the immune system. All too often biopsies aggravate the cancer process and create the likelihood of more tumor symptoms forming.

When testing for cancer it is vitally important that we acknowledge the intangible cause (i.e. the cancer process), and distinguish it from the tangible effect (or tumor symptom). To that end, there are tests designed to help monitor the progression or regression of cancer. And unlike conventional tests that involve biopsies and wave scans, these tests are non-invasive and do not suppress the immune system. They can detect the presence of cancerous activity with high reliability long before a malignant tumor forms.

The first test we are referring to is the **AMAS Test**, which is administered by Oncolab in Boston, MA, phone

1-800-922-8378 or 1-617-536-0850. A second test is called the **HCG Urine Immunoassay Test**, which is administered by the Navarro Medical Clinic in the Philippines. To arrange for this test call (847) 359-3634, which is in Illinois; or call 011-632-714-7442 in the Philippines. Navarro Clinic: efnavmed@gmail.com.

The two tests just mentioned are inexpensive and totally safe for the patient (as they only involve either a urine sample or a blood sample). Either of these tests can detect early stage cancerous activity in the body long before a tumor has had a chance to form. These tests are valuable tools for monitoring the progress of cancer recovery.

"Everything has been figured out except how to live."
– Jean-Paul Sartre

Closing Reflections

Got Cancer? Remember These Vowels – A, E, I, O, U.

A – Alkaline: Create more ALKALINE and less acidic body chemistry.

E – Enzymes: Introduce more digestive ENZYMES, especially protein digesting enzymes, into your body.

I – Immune System: Make your IMMUNE SYSTEM strong, it's crucial!

O – Oxygen: Make more OXYGEN available to your cells.

U – You: It's up to YOU, your diet and lifestyle.

It is of paramount importance that we view cancer as a clarion call to stop eating (at least for a time) foods that are highly acid forming, processed and refined foods, or foods treated with preservatives. Instead eat whole foods grown organically that come with their own digestive enzymes, that are mostly alkaline forming, and that foster (rather than suppress) oxygen circulation. The focus needs to be to greatly enhance the body's own healing power, as opposed to treating the tumor symptoms of cancer.

Close your eyes, breathe slowly and deeply through your nose letting the air go deep into your stomach before slowly exhaling. Do it often, as this relieves stress. Go within, meditate, pray, keep a journal, listen, observe, when possible do regular exercise, simplify your life.

As part of simplifying your life, commit to cutting out sugar, caffeine, meat, refined and processed foods, and

most dairy and wheat grains. Eat mainly plant-based raw foods that offer vital nutrients and fiber that encourages good bowel function and helps eliminate cancer-promoting hormones. Drink more water, eat small portions slowly, get regular exercise, and expose your body to sunshine each day if possible. **Do these things with commitment and resolve.**

Last but not least, know deep inside that God's comforting and healing Spirit is always with you...much like a fountain whose healing stream flows eternally.

"...and, lo, I am with you always, even unto the end of the world."

– Matthew 28:20

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